

## DIABETES: LOW BLOOD SUGAR EMERGENCIES

MY NAME IS \_\_\_\_\_

I HAVE DIABETES AND MUST TAKE INSULIN DAILY.

IF YOU SEE ME:



**HUNGRY, WEAK**



**CRYING, CONFUSED  
IRRITABLE**



**PALE  
PERSPIRING  
SHAKY**



**DROWSY  
INATTENTIVE**



**HEADACHE  
NAUSEA**

**OR BEHAVING  
STRANGELY  
IN  
ANY WAY...**

I may be having a LOW BLOOD SUGAR EMERGENCY (insulin reaction).

My most common symptoms are \_\_\_\_\_

A LOW BLOOD SUGAR EMERGENCY (insulin reaction) would most likely occur before lunch or after strenuous exercise or \_\_\_\_\_

**IF THIS HAPPENS PLEASE GIVE ME SOME FORM OF SUGAR, SUCH AS:**

- SOFT DRINK (non-diet)
- CANDY OR HONEY
- SUGAR (at least 2 packets)
- FRUIT JUICE

Repeat if I do not improve in 5–10 minutes!

***Don't leave me alone, please.***

Follow up with additional food — such as milk, cookies, crackers.

I may need coaxing to eat.

But if I'm unconscious or unable to swallow, don't force drinking or eating—  
**GET EMERGENCY HELP!**

For additional help call:

PARENT \_\_\_\_\_ PHONE \_\_\_\_\_

PARENT \_\_\_\_\_ PHONE \_\_\_\_\_

DOCTOR \_\_\_\_\_ PHONE \_\_\_\_\_

***Please don't send me home alone when I've had a reaction.***

*(See reverse side)*

## Facts About Diabetes

1. A person who has Type 1 diabetes has to take insulin by injection at least once a day because he or she does not make enough of the hormone insulin to meet the body's needs. Without insulin, one's food cannot be properly metabolized.
2. Sometimes the balance between sugar and insulin in the body is upset. Then the person can have a **LOW BLOOD SUGAR EMERGENCY** (insulin reaction) This can occur at any time, but most frequently happens after:
  - Excessive physical activity, without extra food ahead of time
  - Failure to eat the proper amount at the proper time
  - Too much administered insulin
3. The symptoms of **LOW BLOOD SUGAR EMERGENCY** (insulin reaction) vary. Most young people with diabetes are aware when they need extra food. But there may be times when they may not be aware that a low blood sugar emergency is occurring. At that point you must be able to recognize the symptoms and offer the foods mentioned on the reverse side of this card.
4. On occasion, the youngster with diabetes may need to drink more water than usual and have to go to the bathroom more often than normally allowed. This is the result of high blood sugar, and you may want to alert the parents.

For additional copies and information:

Juvenile Diabetes Research Foundation International  
Metro Saint Louis/Greater Missouri Chapter  
225 S Meramec, Suite 400  
St. Louis, Mo 63105  
Ph: (314) 726-6778  
[www.jdrf.org](http://www.jdrf.org)

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The Juvenile Diabetes Foundation International was founded in 1970 by parents of children with diabetes who were convinced that diabetes could be cured through research. They were and still are determined to make that cure happen in their children's lifetime.

JDF is the world's leading nonprofit, nongovernmental funder of diabetes research. JDF's mission is to find a cure for diabetes and its complications through the support of research. For more information, visit our website: [www.jdf.org](http://www.jdf.org).

*(See reverse side)*